



NAVY REGION NORTHWEST

N35 SAFETY

Supporting the Fleet, Fighter, and Family

Occupational Safety and Health Newsletter

November 2011



Region Portal Link:

<https://g2.cnic.navy.mil/tscnrnw/N3/WPPL/N35.aspx>

SAFETY YOU CAN USE

Hazard Reporting

To report a hazard by phone, call:

KYPT – (360) 396-6106

BREM – (360) 476-8880

NASWI – (360) 257-2426

NSE – (425) 304-3460

NMII – (360) 396-5220

FIRE SAFETY

Smoke alarms: Smoke alarms save lives! Almost two-thirds of home fire deaths result from fires in homes that have no smoke alarm or no working smoke alarms! Here's more fire facts you should think about:

- Someone is injured in a home fire about every 40 minutes.
- Roughly 8 people die in home fires every day in the U.S.
- Smoke alarms cut the risk of dying in a reported fire by half.
- In more than half of the reported fires where the smoke alarms did not operate, the smoke alarm batteries were missing or disconnected. Nuisance alarms were the leading cause of disconnected alarms.

Home Heaters: Home room and space heaters are a leading cause of home fires. Here are some safety tips to remember when using these heaters:

- Only use heaters with the label of an independent testing lab.
- Use only heaters that have automatic shut-off safety features, such as tip-over protection.
- Keep all combustible materials away from portable space heaters.
- Always turn portable heaters off if you leave the room or are going to fall asleep.

Reporting a Hazard

Do you know how you can report a workplace hazard? There are 3 different ways:

1. Fill out an Unsafe/Unhealthful (U/U) form (OPNAV 5100/11) and fax it to your Installation Safety Office. These blank forms are posted on your workplace Official Bulletin Board.
2. Call your Installation Safety Office.
3. Submit a U/U form online via ESAMS.

On-Base Driving Distractions

DID YOU KNOW?

NAVBASEKITSAPINST 5560.1

4(g). Hand Held Communication/Electric Devices/Driver Distractions. It is prohibited to use cellular telephones, blue tooth devices, blackberry, global positioning systems, or any hand held communication/electronic devices (to include texting) in a moving motor vehicle onboard NBK. Use these devices only when the vehicle is safely stopped or have a passenger operate the equipment.

NASWHIDBEYINST 5560.6

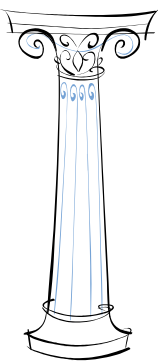
11(b). No operator of any motor vehicle shall wear portable headphones, earphones, or other listening devices.

11(d). The use of cell phones while operating a vehicle onboard NAS Whidbey Island is prohibited.

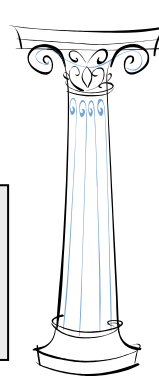
NAVSTAEVERETTINST 5560.1D

0106.6.d(2) While driving, cellular phone use is authorized only when using a hands free device. Ear phones are not authorized IAW CNIC regulation.

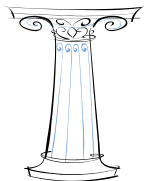




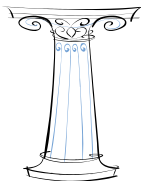
VPP UPDATE



**All
Hands
Effort**



**Work-
Site
Analysis**



**Prevent
and
Control
Hazards**

**Safety
And
Health
Training**

NAVAL STATION EVERETT

This has been a great year for us. We've still got some work to do but we are definitely on the road to success! So far this calendar year we've had 3 injuries that have resulted in a combined 237 lost workdays. This is up from last year but the good news is the number of injured workers decreased overall.

Keep up the good work!

Another winter is upon us. Do you have an emergency plan? Take some time now to consider your alternate methods of getting to work and emergency rations.

Do you know an individual who's performed at a high level of safety? How about a work group?

Contact the Safety Office for nomination forms!

See a safety issue? Contact your supervisor or the Safety Office at 425-304-3460

NAVAL BASE KITSAP

Why should we pay attention to housekeeping at work? Effective housekeeping can eliminate some workplace hazards and help get a job done safely and properly. Poor housekeeping can frequently contribute to mishaps or near misses by hiding hazards that cause injuries. If the sight of paper, debris, clutter and trip hazards is accepted as normal, then other more serious health and safety hazards may be taken for granted.

Housekeeping is not just cleanliness. It includes keeping work areas neat and orderly; maintaining halls and floors free of slip and trip hazards; and removing of waste materials (e.g., paper, cardboard) and other fire hazards from work areas. Good housekeeping is also a basic part of mishap and fire prevention.

See a safety issue? Contact your supervisor or the Safety Office at 360-396-6106 or 360-476-8880.

NAS WHIDBEY ISLAND

As we continue on our journey to VPP, I am reminded that the real center of this program is caring for and watching out for each other. So far this calendar year we've had 6 injuries with a combined total of 67 lost work days and 68 days light duty. We have reduced both the number of injuries and lost work time from last year. We still have some work to do and VPP will help us get there!

Do you know an individual who's performed at a high level of safety? How about a work group?

Contact the Safety Office for nomination forms!

See a safety issue? Contact your supervisor or the Safety Office at 360-257-2426.

NAVAL MAGAZINE INDIAN ISLAND

NAVMAG II completed VPP Stage 3 in September and is scheduled to undergo a Readiness Assessment by the DOD contractor Concurrent Technology (CX) November 29 – December 2.

Upon completion of the Readiness Assessment, NAVMAG II will be one step closer to submitting their VPP application to OSHA.

Approval into VPP is OSHA's official recognition of the outstanding efforts of employers and employees who have achieved exemplary occupational safety and health.

On 4 Oct an internal assessment was completed with great response during interviews. Keep up the good work!

See a safety issue? Contact your supervisor or the Safety Office at 360-396-5220 or 360-476-5857.

TRAFFIC SAFETY TRAINING COURSES

November 2011

For more info call Mary Musgrave: (360) 396 - 4250

EXPERIENCED RIDER COURSE (ERC) (1 DAY)

8, 15, 22, 29 KEYPORT
15 EVERETT
14, 22, 29 WHIDBEY ISLAND

SPORT BIKE RIDER COURSE (SRC) (1 DAY)

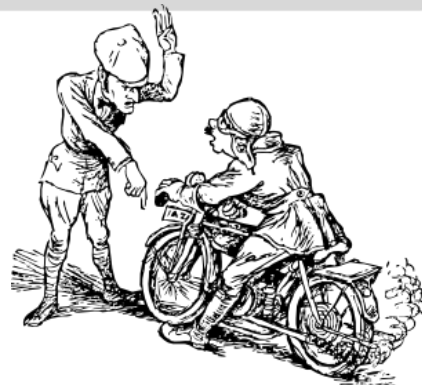
4, 14 KEYPORT
18 EVERETT
7, 21 WHIDBEY ISLAND

BASIC RIDER COURSE(BRC) (2 DAY)

2, 9, 16, 30 KEYPORT
16 EVERETT
2, 8, 30 WHIDBEY ISLAND

AAA DRIVER IMPROVEMENT PROGRAM (1 DAY)

8 EVERETT



Motorcycle Safety

Sixteen Sailors died Navy-wide in motorcycle crashes in FY-11

Did you know? Most Sailors Killed In Cycle Crashes Skipped Training?

- 12 of 16 deaths involved Sport Bikes; 9 of those 12 had taken the required Basic Motorcycle Safety Course. Only 3 had taken the follow on Sport Bike Course.

Two of the 16 fatalities in FY-11 came from our Region. Both did not complete Sport Bike training.

Don't become a statistic!!

Do you know the Navy training requirement in OPNAVINST 5100.12H?

- If the BRC is completed on a trainer motorcycle (500cc or less) and the rider plans on operating a privately-owned motorcycle greater than 500cc, the MSF Experienced Rider Course (ERC) or MSF Military Sport Bike Rider course (MSRC), as appropriate, shall be taken on the privately owned motorcycle as soon as possible after completion of the BRC and, ideally, no later than 60 days after completion of the BRC.
- All sport bike operators shall complete the MSRC ideally within 60 days of completion of the BRC or purchase of the Sport bike, regardless of the type motorcycle they used to complete the BRC.

RIDE SMART! RIDE TRAINED!



RADM Prindle, Commander, Naval Safety Center, operates the CNRNW motorcycle simulator demonstrated by Shawn Seiber, CNRNW Safety Specialist.



Mishaps From Around the Region



- Military member, while using a wrench to tighten bolts on his vehicle, slipped and hit the transmission housing with his hand. Fractured knuckle on right ring finger. 7 days light duty.
- Military member injured when he experienced a collision between his motorcycle and a car which turned into his right-of-way. Serious injuries to rider's left leg. 39 lost work days and 15 days light duty.
- Civilian employee injured after falling while walking up stairs. Attempted to catch himself with both hands and injured his left wrist. 64 days light duty.
- Military member slipped and fell while attempting to get up to answer phone while in bathtub, resulting in broken ribs. 31 days light duty.
- Military member sliced her finger on a meat slicer when she lifted the safety guard with the slicer running. 5 days light duty.
- Military member injured riding his motorcycle when he hit a pothole in a turn and fell onto his left side. Resulted in a broken collarbone. 20 days light duty.
- Military member injured her right shoulder when an elevator door shut on her arm, causing a separated right shoulder. 3 lost work days and 30 days light duty.
- Military member flew over the handlebars of his bicycle after he hit a rough spot in the trail. Resulted in a dislocated left shoulder and broken left elbow. 30 days light duty.



KNOW YOUR RIGHTS?

Do you know your Worker Rights
under the OSHA Act?



EMPLOYEES:

- You have the right to a place of employment free from recognized hazards.
- You have the right to notify your employer or OSHA about workplace hazards. You may ask OSHA to keep your name confidential.
- You have the right to request an OSHA inspection if you believe that there are unsafe and unhealthful conditions in your workplace. You or your representative may participate in that inspection.
- You can file a complaint with OSHA within 30 days of retaliation or discrimination by your employer for making safety and health complaints or for exercising your rights under the OSH Act.
- You have the right to see OSHA citations issued to your employer.
- Your employer must post the citations at or near the place of the alleged violations.
- Your employer must correct workplace hazards by the date indicated on the citation and must certify that these hazards have been reduced or eliminated.
- You have the right to copies of your medical records and records of your exposures to toxic and harmful substances or conditions.
- You must comply with all occupational safety and health standards issued under the OSH Act that apply to your own actions and conduct on the job.



EMPLOYERS:

- Must furnish employees a place of employment free from recognized hazards.
- Must comply with the occupational safety and health standards issued under the OSH Act.